



Summary

Physical exercise is any bodily activity that enhances or maintains physical fitness and overall health and wellness. It is performed for various reasons, including increasing growth and development, preventing aging, strengthening muscles and the cardiovascular system, honing athletic skills, weight loss or maintenance, and also enjoyment. Calisthenics are exercises consisting of a variety of gross motor movements—running, standing, grasping, pushing, etc.—often performed rhythmically and generally without equipment or apparatus. They are, in essence, body-weight training. Aerobic exercise is sometimes known as "cardio"- exercise that requires pumping of oxygenated blood by the heart to deliver oxygen to working muscles. Aerobic exercise stimulates the heart rate and breathing rate to increase in a way that can be sustained for the exercise session. Yoga is a group of physical, mental, and spiritual practices or disciplines which originated in ancient India.